

Whole School Medium Term Plan Term 1

Year Group	Sport	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
1	Indoor: Multi-Skills	To focus on special awareness, look and find space to move into.	To focus on the correct technique of how to use a hockey stick.	To develop how to pass with hockey using alternative equipment.	To develop how to dribble with hockey using alternative equipment.	To try to link the combination of passing and dribbling.	To develop how to dribble with hockey using alternative equipment.
	Outdoor: Bat and Ball	To practice and develop throwing and catching different sized balls.	To practice throwing using underarm and overarm technique.	To develop throwing for accuracy and for distance using different techniques.	To develop a batting technique using alternative equipment.	To complete a throwing and batting differentiated circuit stations.	To learn and apply the rules of rounder's to compete in a rounder's game.
2	Indoor: Multi-Skills	To focus on special awareness, look and find space to move into.	To focus on the correct technique of how to use a hockey stick.	To develop how to pass with hockey using alternative equipment.	To develop how to dribble with hockey using alternative equipment.	To try to link the combination of passing and dribbling.	To develop how to dribble with hockey using alternative equipment.
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3	Indoor: Basketball	To use a range of skills to keep possession of the ball.	To be able to keep the ball under close control.	To be able to change speed and direction when dribbling.	To be able to pass and receive the ball with accuracy and control.	To know how to use space in games to make it difficult for opponents.	To practice all the skills taught and apply them to a game situation.
	Outdoor: Hockey	To understand the rules and perform the correct grip technique.	To develop moving, turning and stopping with the ball.	To Understand and practice the push pass.	To develop control when striking the ball for accuracy.	To practice keeping control of the ball when under pressure.	To practice all the skills taught and apply them to a game situation.

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4	Indoor: Basketball	To get into good positions to pass and receive the ball.	To be able to change direction and speed when dribbling the ball.	To pass the ball using different techniques such as chest, bounce, javelin and overhead pass.	To be able to get into good positions to shoot the ball and apply the correct technique.	To show growing consistency and control in games and apply the rules such as travelling.	To find and use space in game situations and apply tactics and skills they are confident with and use in a game.
	Outdoor: Hockey	To understand the rules and perform the correct grip technique.	To develop moving, turning and stopping with the ball.	To Understand and practice the push pass.	To develop control when striking the ball for accuracy.	To practice keeping control of the ball when under pressure.	To practice all the skills taught and apply them to a game situation.
5	Indoor: Basketball	To apply skills that meet the needs of a situation in the game.	To be able to change speed and direction to get away from a defender.	To be able to pass with accuracy, confidence and control. Also be able to find space.	To adopt positions that benefit their team and identify when to pass, dribble or shoot.	To practice all of the skills taught and apply them to a game situation.	To practice all of the skills taught and apply them to a game situation.
	Outdoor: Hockey	To develop running and dribbling with the ball.	To develop running with the ball with control and accuracy.	To develop passing and incorporate moving.	To be able to perform a clean tackle and apply tactical awareness.	To practice the different types of shot at goal; push shot and a slap shot.	To practice all of the skills taught and apply them to a game situation.
6	Indoor: Basketball	To be able to combine and perform skills with control, adapting them to meet the needs of the	To develop control whilst performing skills at speed.	To perform skills with great speed and to be able to intercept the ball to win possession.	To know different ways to make progress towards goal by passing, shooting or dribbling.	To use attacking and defending skills appropriately in games and apply tactics.	To understand how to mark a player or space and combine skills required for a game situation.

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